

Family Caregiver University

helping caregivers one class at a time

Mindfulness and Meditation for Caregivers 6- Week Course

This **virtual** beginner 6-week class is meant to help caregivers learn ways to reduce stress and anxiety through mindfulness and meditation practices. Join us on **Thursdays** from 3:00pm to 4:00pm **September 12th through October 17th**. A Zoom link will be sent after registration.

Kurt Scholler is a certified Mindfulness Teacher by the International Mindfulness Teachers Association. He has been teaching meditation since 2004. He works with all levels of students to address root causes of stress and then work through them.

Contact Heather Mauney at HeatherM@aaawm.org or 616-456-5664 to learn more.

Register online by 9/10/2024:
www.aaawm.org

Class is limited to 15 participants



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